

LEHI RECREATION

WOMENS VOLLEYBALL 2010 LEAGUE RULES

TEAM RULES

Captains, please review these rules with your team before the first game.

1. **TEAM DISCIPLINE:** Playing coaches and/or captains are responsible for discipline and proper conduct of their team members. Please refer to the player code of conduct for specific information.
2. **TEAM SPOKESPERSON:** The playing captain is the only player who may address the referee and shall be the spokesperson for that team. One of the six players shall be designated as the playing captain. When replaced, the coach or playing captain must designate another player to assume playing captain duties. The designated non-playing captain may address the referee only for the purpose of requesting a time out, substitution, or line-up check.
3. **TIME OUT REQUESTS:** Requests for time outs may be made by the designated coaches while at the team bench, and/or the playing captain when the ball is out of play. Each team is allowed two 30-second time outs per game. Teams must return to the court upon notification by the referee.
4. **JEWELRY, HATS, ETC.:** Jewelry and any type of hat or bandana are not permitted while playing. These restrictions are for your safety.
5. **SUBSTITUTIONS:** Only the coaches and/or playing captain on the court may ask the referee for permission to make a substitution. Except for replacing an injured player, substitutions may occur for the server before the service has taken place. There is also an option to turn in a sub card before the game begins.
6. **FORFEITS: Game time is forfeit time.** A team must have a minimum of 4 players at game time in-order to avoid a forfeit. If a team has at least 4 players, the first game will begin at game time. If at the conclusion of the first game the team still does not have a minimum of 5 players, the match will then be declared a forfeit. The team who wins by forfeit will receive the win for the match. **NO EXCEPTIONS. Game time is determined by the official.** Teams will not be able to hit on the net before their game starts.
7. **TEAM ROSTERS:** Team rosters must be filled out completely and signed by all team members. Rosters must be turned in at the coaches meeting or no later than right before your first game is scheduled to begin. Any additions need to be made by the conclusion of the 4th match. Each player may only play and be on the roster of one (1) team. No player can be added to a roster after the fourth (4) match. Any player listed on the roster, who desires to participate in tournament, must play in a minimum of four (4) regular season matches. Each team may carry a maximum of 15 names on their roster. Players must be 18 years old or older by the first scheduled date of games in-order to participate.

RULES OF PLAY

Play will be governed by USA Volleyball Rules (www.usavolleyball.org)

1. **TIME RESTRICTIONS:** Game time is forfeit time. A five minute grace period will occur, if needed, for the first game of the evening only. Please be warmed up and ready to play at game time. Matches will be played best of 3 games. The first two games will be played to 25 points with a cap of 27 points using the rally scoring system, or to 50 minutes. The last game will be to 15 points with a cap of 17 points. The game official will call an end to the match at the end of the third game or at 50 minutes of match time.
2. **PARENTS ARE TO SUPERVISE CHILDREN:** A parent or responsible person, other than a player, must supervise children at all times. No children are allowed in the gym during game time, they must watch from upstairs. Legacy Center staff are not responsible to supervise children.
3. **TEAMS:** At game time, a 6-member team may begin with four players. As other team members arrive, they may enter the game only on the following side out when their team regains service.
4. **TOURNAMENT PLAY:** All teams will participate in tournament play. Tournament seeding will be determined by regular season standings. Tournament information will be provided at a later date.